Online Sex Ed

2022-2023
Course Catalog

WITH CLARISSA HERMAN

Online Sex Ed

Clarissa Herman

WELCOME

I'm Clarissa Herman, I use she/her pronouns, and I teach social, emotional, & sexual health education to middle schoolers in Grades 5-9 and emerging teenagers 10-15 years old. I developed the SESH curriculum in alignment with the National Sexuality Education Standards put forward by SIECUS: Sex Ed for Social Change. I hold a Bachelor's degree in Psychology and a Master's degree in Sociology & Sexuality Education. I have been working in the field of comprehensive sexuality education since 2009 and it is my lifelong passion.

The classes I develop & teach are informed by 5 core principles. They are:

1. Affirming: we include people of all genders, sexes, & sexual orientations & respect students' lived experiences.

2. Anti-Oppressive: we examine and challenge systems of oppression and oppressive beliefs whenever possible.

3. Skill-Oriented: we focus on building practical skills that students can apply in their lives & relationships.

4. Trauma-Informed: we hold space for uncomfortable & challenging emotions and help students take what they need.

5. Rights-Based: we emphasize that young people have a right to make decisions and receive information about their bodies, sexuality, & health.

The courses you will find in this catalog are responsive, reflective, and progressive. Classes can be booked individually or as a custom package tailored to your students' needs. Get in touch with any questions or schedule a consult, I'm looking forward to working together.

www.onlinesexed.com

Identity & Belonging

Appropriate for Grades 5/6

50- and 90-minute versions available*

This class introduces & explores with students the concepts of personal & cultural identity with an emphasis on gender identity & sexual orientation. Students will learn to define and differentiate sex assigned at birth, gender identity, gender expression, and sexual orientation. We also discuss the importance of belonging at school, the impact of identity-based bullying, and how individual students can adapt their behavior to create belonging, especially for LGBTQ+ students.

*The 90-minute version includes content on different types of attraction & relationships; coming out as an LGBTQ+ person; what to do when a friend comes out; and additional resources for LGBTQ+ students.

Reproductive Anatomy

Appropriate for Grades 5/6

50- and 90-minute versions available*

This class complements previous puberty education and focuses on internal & external reproductive body parts as well as their purpose and function. We discuss how reproduction works, how pregnancy occurs, & how babies are born. All information is presented with gender and sex diversity, meaning that no body parts or reproductive functions are assigned to boys or girls—person-first language is used, e.g., person with a penis, person giving birth, etc. This class also includes information about intersex anatomy & experience, though specific intersex conditions are not covered.

*The 90-minute version includes education about gender-neutral language, non-traditional methods of achieving pregnancy, and more in-depth information about the roles of hormones & sex chromosomes in puberty.

Practical Puberty Skills

Appropriate for Grades 5-7

50- and 90-minute versions available*

After a brief review of puberty, this class offers options for managing the many changes that take place during puberty including: acne, body hair, wet dreams, body odor, menstruation, breasts, mood swings, and weight gain. All education is gender-neutral and discussions around body management emphasize autonomy—that students have the right to choose how to manage their bodies. We also discuss the influence of gendered expectations around certain topics like shaving and mood swings.

*The 90-minute version includes in-class discussion about managing acne, body hair, and body odor whereas in the 50-minute version these topics are included in a take-home resource packet.

Birth Control Decisions

Appropriate for Grades 6-8

50- and 90-minute* versions available

After a brief review of how pregnancy occurs, this class provides detailed information about pregnancy prevention methods including hormonal, barrier, behavioral, and emergency contraceptive methods. Information about each method includes how the method works, who it is designed for, how effective it is at preventing pregnancy, and how to access the method. Students will also explore their options & preferences and make a plan for choosing a birth control method.

*The 90-minute version of this class includes education about understanding effectiveness rates; an optional condom demonstration; and time in-class to make a plan for choosing a birth control method. In the 50-minute class, this portion is moved to a take-home resource packet.

Online Safety

Appropriate for Grades 6-8

50- and 90-minute* versions available

This class highlights the importance of practicing awareness & safety online, on social media, and during online gaming. This class offers education about sexual text messaging (sexting); online grooming by adult abusers; and sexually explicit online material (pornography). Guidance on how to recognize, respond to, and report inappropriate behavior online, including requests for nude photographs and/or sexually explicit materials is emphasized during class.

*The 90-minute version of this course contains information about the digital footprint, online privacy and reputation, and navigating social media security settings.

Dating 101

Appropriate for Grades 7/8

50- and 90-minute* versions available

This class offers an introduction to the topic of dating. Students explore their own definitions of dating, who they might want to date, and the difference between a boundary and an expectation. We also discuss how to identify a crush and ask someone out as well as break up with your partner, be broken up with, and recover from a breakup. Class content focuses on practicing communication skills and responding to rejection in healthy ways. All materials are LGBTQ-inclusive and no relationship structure is assumed or privileged above another.

*The 90-minute version includes material on meeting new people, flirting, navigating a first date, and more in-depth information about communicating, defining the relationship, and treating your partner well.

Dating 201: Relationship Safety

Appropriate for Grades 7/8

50- and 90-minute versions available*

This class builds on the lessons learned in Dating 101 and explores what makes a relationship safe or unsafe. This class emphasizes consent education: students learn the difference between explicit & implied consent, how to practice them in real-life situations, and how to recognize when a partner has stopped consenting. We also discuss how to identify abusive behaviors in yourself or a partner and how to seek help if you are being abused or have abusive behaviors.

*The 90-minute version of this class includes material about defining & setting boundaries, navigating & resolving conflict within a relationship, and more discussion about coping with rejection in healthy ways.

Mental Health

Appropriate for Grades 7/8

50- and 90-minute versions available*

This class aims to destigmatize & normalize mental health issues & disorders. Class material offers definitions, common signs & symptoms, and useful coping strategies for the most common mental health disorders in young people: anxiety, depression, & disordered eating. Emotional regulation and self-soothing coping strategies are emphasized alongside the importance of seeking help from a medical professional or trusted adult if you are experiencing struggles with mental health. We discuss how to tell your parents or a caregiver if you are struggling with mental health and a resource packet with mental health resources is provided, including crisis hotlines.

*The 90-minute version of this class includes material on factors that can influence mental health such as social media & identity as well as more in-depth information on panic attacks and panic disorders.

Substance Use & Vaping

Appropriate for Grades 7/8

50- and 90-minute versions available*

This class uses a harm reduction approach to educate students about potentially harmful & addictive substances including but not limited to: alcohol, nicotine, caffeine, opioids, amphetamines, cannabis, and party drugs. We discuss different ways to respond when being offered a substance and the possible effects of peer pressure. Students will make a safe party plan and learn how to recognize and respond to overdosing & alcohol poisoning by placing affected people in the recovery position and calling for emergency services.

*The 90-minute version of this class goes into more detail about the various neurological and physical effects of substances; the spectrum of substance use, and recognizing & seeking help for a substance use disorder.

PRICING

Online Sex Ed LLC offers a comprehensive and all-inclusive social, emotional, & sexual health (SESH) program delivered virtually for young people grades 5-9. We charge a yearly retainer fee to cover all operational tasks as well as a per-class fee. For organizations not operating on a school year calendar, the retainer can be pro-rated. All amounts are in USD.

Retainer: $3000 paid yearly with contract includes:
- Access to curriculum & IP license: class materials, access to review materials for duration of session, student resource packets
- Meetings with your point-of-contact: program design, planning & scheduling sessions, post-session follow-ups, additional 15-30 minute meetings as needed
- Communication: parental permission letters, teacher & student instruction emails, class scheduling with point-of-contact, advising on questions from parents, staff, & students
- Program assessment: collecting & summarizing student feedback, troubleshooting & accommodating any unique issues

Class fees (up to 25 students per class): $125 for each 50-minute class, $175 for each 90-minute class includes:
- Teaching class, managing student chat box, and facilitating anonymous Q&A
- Class rehearsals to test for technical snags and smooth out delivery to maximize learning
- Client-specific program customization i.e., requests or themes for a class